

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westminster, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
07:50 AM ~ 09:10 AM				Tai Chi and Qigong online			
09:20 AM ~ 10:40 AM				Tai Chi and Qigong in-studio online			Yoga and Qigong in-studio online
04:50 PM ~ 06:00 PM				Tai Chi and Qigong online			
05:50 PM ~ 07:10 PM				Tai Chi and Qigong in-studio			